# Out-of-Body Experience

## Residential

*2020 Website Program Description*

Out-of-Body Experience

# A fascinating, out-of-body adventure with national OBE expert William Buhlman that takes perception beyond the physical limits

Residential Program

**$2,195.00**

4 Days + 5 Nights

"Wow" is how participants describe this signature Monroe Institute retreat. National OBE expert William Buhlman introduces you to proven techniques for doing controlled, out-of-body exploration that will blow your mind and touch your heart.

Demystify the out-of-body experience. You'll follow an easy, step-by-step approach that takes the mystery—but not the magic—out of having OBEs. Perfected over the last two decades, Bill Buhlman's exercises, tips and techniques answer almost every question you have about OBE exploration.

Learn from leading OBE expert and author Bill Buhlman. (link) Bill has trained people on out-of-body techniques since the early 90s. As America's expert on self-initiated astral projection and out-of-body experiences, he teaches people from across the globe to project their consciousness beyond the limits of their physical bodies.

Explore dimensions beyond your everyday life. During this OBE immersion, you'll move from a place of curiosity and belief to a place of deep knowing. Bill will introduce you to techniques for extensive astral travel, out-of-body experiences and inner exploration—with the help of Monroe's brainwave synchronization technology. He'll also show you powerful methods to heal and protect, focus and control, have profound spiritual experiences, and ultimately reshape your reality.

William Buhlman is a national expert and four-time author on out-of-body experiences. His first book, "Adventures Beyond the Body," chronicles his 40-year journey of self-discovery through out-of-body travel. His most recent book, co-written with his wife Susan Buhlman, helps readers

liberate themselves from many limiting belief systems that hinder exploration of various nonphysical realms...

Over the past two decades, William has developed a highly effective way for people to experience safe, self-initiated out-of-body adventures. A certified hypnotherapist, he incorporates multiple methods—including hypnosis, visualization and meditation—into his workshops, retreats and lectures. He is a sought-after trainer and technician in out-of-body and spiritual exploration.

# What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

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| <br>**Semi-Private Rooms**<br>Standard accommodations are double-occupancy rooms. | <br>**Free Wi-Fi**<br>Free Wi-Fi is available for guests | <br>**Daily Meals**<br>Our dining menu offers many healthy fresh options with a farm-to-table philosophy. |
| <br>**Shuttle Service**<br>Local area, shuttle transportation is included on the first and last days of each program. | <br>**Swimming**<br>During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting). | <br>**Massage**<br>Massages are available during weeklong retreats during afternoon breaks. (additional fee) |